

## **Exploring the Ancient Path in the Buddha's Own Words**

## Lesson 3.4.8 Ānāpānassatisuttaṃ Maintaining one's Object of Meditation unobstructed



Ānāpānassatisuttaṃ	Maintaining one's Object of Meditation unobstructed
Santi, bhikkhave, bhikkhū imasmim	And there are, Bhikkhus, Bhikkhus in this
bhikkhusanghe ānāpānassati	Bhikkhusangha, who live engaging themselves in
bhāvanānuyogamanuyuttā viharanti.	the development of ānāpānassati.
Ānāpānassati, bhikkhave, bhāvitā bahulīkatā	Ānāpānassati, Bhikkhus, when developed
mahapphalā hoti mahānisaṃsā.	and fully cultivated in, is of great fruit and
	abundantly beneficial.
Ānāpānassati, bhikkhave, bhāvitā	With the development and perfection of
bahulīkatā cattāro satipatthāne paripūreti.	ānāpānassati, the four satipaṭṭhānas get
Cattāro satipaṭṭḥānā bhāvitā bahulīkatā	accomplished. With the development and perfection
satta bojjhange paripūrenti.	of the four satipatthānas, the seven bojjhangas get
Satta bojjhaṅgā bhāvitā bahulīkatā	fulfilled. With the development and perfection of the
vijjāvimuttim paripūrenti.	seven bojjhangas, freedom through knowledge gets
	attained.
Kathaṃ bhāvitā ca, bhikkhave,	And how, Bhikkhus, is the practise of
ānāpānassati katham bahulīkatā mahapphalā hoti	ānāpānassati, when developed and fully cultivated,
mahānisaṃsā?	of great fruit and abundantly beneficial?
Idha, bhikkhave, bhikkhu araññagato vā	Here a Bhikkhu, having gone into the forest,
rukkhamūlagato vā suññāgāragato vā nisīdati	to the root of a tree, or to a vacant place, sits down
pallankam ābhujitvā ujum kāyam paṇidhāya	cross-legged, keeps his body upright and fixes his
parimukham satim upaṭṭhapetvā.	awareness in the area around the mouth.



So satova assasati satova passasati.	With this awareness, he breathes in, with
	this awareness, he breathes out.
"Dīghaṃ vā assasanto 'dīghaṃ	Breathing in a deep breath, he understands
assasāmī'ti pajānāti, dīghaṃ vā passasanto	properly "I am breathing in a deep breath."
'dīghaṃ passasāmī'ti pajānāti;	Breathing out a deep breath, he understands
	properly: "I am breathing out a deep breath."
rassam vā assasanto 'rassam assasāmī'ti	Breathing in a shallow breath, he
pajānāti,	understands properly: "I am breathing in a shallow
rassaṃ vā passasanto 'rassaṃ	breath." Breathing out a shallow breath, he
passasāmī'ti pajānāti;	understands properly: "I am breathing out a shallow
	breath."
'sabbakāyapaṭisaṃvedī assasissāmī'ti	In this way he trains himself: "Feeling the
sikkhati, 'sabbakāyapaṭisaṃvedī passasissāmī'ti	whole body, I shall breathe in." "Feeling the whole
sikkhati;	body, I shall breathe out," thus he trains himself.
ʻpassambhayam kāyasankhāram	"With bodily activities calmed, I shall
assasissāmī'ti sikkhati, 'passambhayam	breathe in," thus he trains himself. "With bodily
kāyasankhāram passasissāmī'ti sikkhati.	activities calmed, I shall breathe out," thus he trains
	himself.
"'Pītipaṭisaṃvedī assasissāmī'ti sikkhati,	"Experiencing bliss, I shall breathe in," thus
'pītipaṭisaṃvedī passasissāmī'ti sikkhati;	he trains himself. Experiencing bliss, I shall breathe
	out," thus he trains himself.
'sukhapaṭisaṃvedī assasissāmī'ti	"Experiencing happiness I shall breathe in,"
sikkhati, 'sukhapaṭisaṃvedī passasissāmī'ti	thus he trains himself. Experiencing happiness, I
sikkhati;	shall breathe out," thus he trains himself.
	"Experiencing conditioned reaction on the
'cittasankhārapaṭisamvedī assasissāmī'ti	mental level, I shall breathe in," thus he trains
sikkhati, 'cittasankhārapaṭisamvedī	himself. "Experiencing conditioned reaction on the
passasissāmī'ti sikkhati;	mental level, I shall breathe out," thus he trains
	himself.
	"Calming conditioned reaction on the
'passambhayam cittasankhāram	mental level, I shall breathe in," thus he trains
assasissāmī'ti sikkhati, 'passambhayaṃ	himself. "Calming conditioned reaction on the



cittasankhāram passasissāmī'ti sikkhati.	mental level, I shall breathe out," thus he trains
	himself.
"'Cittapaṭisaṃvedī assasissāmī'ti	"Experiencing the mind, I shall breathe in,"
sikkhati, 'cittapaṭisaṃvedī passasissāmī'ti	thus he trains himself. "Experiencing the mind, I
sikkhati;	shall breathe out," thus he trains himself.
'abhippamodayam cittam assasissāmī'ti	"Experiencing delight in the mind, I shall
sikkhati, 'abhippamodayam cittam	breathe in," thus he trains himself. "Experiencing
passasissāmī'ti sikkhati	delight in the mind, I shall breathe out," thus he
	trains himself.
'samādahaṃ cittaṃ assasissāmī'ti	"Concentrating the mind, I shall breathe in,"
sikkhati, 'samādaham cittam passasissāmī'ti	thus he trains himself. "Concentrating the mind, I
sikkhati;	shall breathe out," thus he trains himself.
'vimocayam cittam assasissāmī'ti	"Liberating the mind, I shall breathe in,"
sikkhati, 'vimocayam cittam passasissāmī'ti	thus he trains himself: "Liberating the mind, I shall
sikkhati.	breathe out," thus he trains himself.
"'Aniccānupassī assasissāmī'ti sikkhati,	"He trains himself: "Witnessing
'aniccānupassī passasissāmī'ti sikkhati;	impermanence, I shall breathe in," and he trains
	himself: "Witnessing impermanence, I shall breathe
	out."
'virāgānupassī assasissāmī'ti sikkhati,	He trains himself: "Witnessing dispassion, I
'virāgānupassī passasissāmī'ti sikkhati;	shall breathe in," and he trains himself: "Witnessing
	dispassion, I shall breathe out."
'nirodhānupassī assasissāmī'ti sikkhati,	He trains himself: "Witnessing cessation, I
'nirodhānupassī passasissāmī'ti sikkhati;	shall breathe in," and he trains himself: "Witnessing
	cessation, I shall breathe out."
'paṭinissaggānupassī assasissāmī'ti	He trains himself: "Witnessing
sikkhati, 'paṭinissaggānupassī passasissāmī'ti	relinquishment, I shall breathe in," and he trains
sikkhati.	himself: "Witnessing relinquishment, I shall breathe
	out."



Evam bhāvitā kho, bhikkhave,	This is how, Bhikkhus, the practise of
ānāpānassati evam bahulīkatā mahapphalā hoti	ānāpānassati, when developed and fully cultivated,
mahānisaṃsā.	is of great fruit and abundantly beneficial.
"Katham bhāvitā ca, bhikkhave,	And how, Bhikkhus, do the four
ānāpānassati katham bahulīkatā cattāro	satipatthānas get accomplished by development and
satipatṭḥāne paripūreti?	perfection of ānāpānassati?
Yasmim samaye, bhikkhave, bhikkhu	At that time, Bhikkhus, a Bhikkhu breathing
dīgham vā assasanto 'dīgham assasāmī'ti	in a deep breath he understands properly: "I am
pajānāti, dīgham vā passasanto 'dīgham	breathing in a deep breath." Breathing out a deep
passasāmī'ti pajānāti;	breath, he understands properly: "I am breathing out
	a deep breath."
	Breathing in a shallow breath, he
rassam vā assasanto 'rassam assasāmī'ti	understands properly: "I am breathing in a shallow
pajānāti, rassam vā passasanto 'rassam	breath." Breathing out a shallow breath, he
passasāmī'ti pajānāti;	understands properly: "I am breathing out a shallow
	breath.
'sabbakāyapaṭisaṃvedī assasissāmī'ti	In this way he trains himself: "Feeling the
sikkhati, 'sabbakāyapaṭisaṃvedī passasissāmī'ti	whole body, I shall breathe in." "Feeling the whole
sikkhati;	body, I shall breathe out," thus he trains himself.
ʻpassambhayam kāyasankhāram	"With bodily activities calmed, I shall breathe in,"
assasissāmī'ti sikkhati, 'passambhayam	thus he trains himself. "With bodily activities
kāyasaṅkhāraṃ passasissāmī'ti sikkhati;	calmed, I shall breathe out," thus he trains himself.
	Then at that time, Bhikkhus, he dwells
kāye kāyānupassī, bhikkhave, tasmim	observing body in body, ardent with awareness and
samaye bhikkhu viharati ātāpī sampajāno satimā	constant thorough understanding of impermanence,
vineyya loke abhijjhādomanassam.	detached, having removed craving and aversion
	towards anything in the world.
Kāyesu kāyaññatarāham, bhikkhave,	When I say: 'a certain body within bodies',
evam vadāmi yadidam— assāsapassāsā.	Bhikkhus, it is inhalation and exhalation.
Tasmātiha, bhikkhave, kāye kāyānupassī	In this way Bhikkhus, at that time the
tasmim samaye bhikkhu viharati ātāpī sampajāno	Bhikkhu dwells observing body in body, ardent with



satimā vineyya loke abhijjhādomanassam.	awareness and constant thorough understanding of
	impermanence, detached, having removed craving
	and aversion towards anything in the world.
"Yasmim samaye, bhikkhave, bhikkhu	"Experiencing bliss, I shall breathe in," thus
'pītipaṭisaṃvedī assasissāmī'ti sikkhati,	he trains himself. Experiencing bliss, I shall breathe
'pītipaṭisaṃvedī passasissāmī'ti sikkhati;	out," thus he trains himself.
'sukhapaṭisaṃvedī assasissāmī'ti sikkhati,	"Experiencing happiness I shall breathe in,"
'sukhapaţisaṃvedī passasissāmī'ti sikkhati;	thus he trains himself. Experiencing happiness, I
	shall breathe out," thus he trains himself.
'cittasankhārapaṭisaṃvedī assasissāmī'ti	"Experiencing conditioned reaction on the
sikkhati, 'cittasankhārapaṭisamvedī	mental level, I shall breathe in," thus he trains
passasissāmī'ti sikkhati;	himself. "Experiencing conditioned reaction on the
	mental level, I shall breathe out," thus he trains
	himself.
'passambhayam cittasankhāram	"Calming conditioned reaction on the
assasissāmī'ti sikkhati, 'passambhayam	mental level, I shall breathe in," thus he trains
cittasankhāram passasissāmī'ti sikkhati;	himself. "Calming conditioned reaction on the
	mental level, I shall breathe out," thus he trains
	himself.
	Then at that time, Bhikkhus, he dwells
vedanāsu vedanānupassī, bhikkhave,	observing sensations in sensations, ardent with
tasmim samaye bhikkhu viharati ātāpī sampajāno	awareness and constant thorough understanding of
satimā vineyya loke abhijjhādomanassam.	impermanence, detached, having removed craving
	and aversion towards anything in the world.
Vedanāsu vedanāññatarāhaṃ,	When I say, 'a certain sensation in
bhikkhave, evam vadāmi yadidam—	sensations', Bhikkhus, it is well established attention
assāsapassāsānam sādhukam manasikāram.	to inhalation and exhalation.
	In this way Bhikkhus, at that time the
Tasmātiha, bhikkhave, vedanāsu	Bhikkhu dwells observing sensations in sensations,
vedanānupassī tasmim samaye bhikkhu viharati	ardent with awareness and constant thorough
ātāpī sampajāno satimā vineyya loke	understanding of impermanence, detached, having
atapi sampajano sauma vincyya loke	understanding of impermanence, detached, having



abhijjhādomanassam.	removed craving and aversion towards anything in
	the world.
"Yasmim samaye, bhikkhave, bhikkhu	"Experiencing the mind, I shall breathe in,"
'cittapaṭisaṃvedī assasissāmī'ti sikkhati,	thus he trains himself. "Experiencing the mind, I
'cittapaṭisaṃvedī passasissāmī'ti sikkhati;	shall breathe out," thus he trains himself.
'abhippamodayam cittam assasissāmī'ti	"Experiencing delight in the mind, I shall
sikkhati, ʻabhippamodayam cittam	breathe in," thus he trains himself. "Experiencing
passasissāmī'ti sikkhati;	delight in the mind, I shall breathe out," thus he
	trains himself.
'samādahaṃ cittaṃ assasissāmī'ti	"Concentrating the mind, I shall breathe in,"
sikkhati, 'samādahaṃ cittaṃ passasissāmī'ti	thus he trains himself. "Concentrating the mind, I
sikkhati;	shall breathe out," thus he trains himself.
'vimocayam cittam assasissāmī'ti	"Liberating the mind, I shall breathe in,"
sikkhati, 'vimocayam cittam passasissāmī'ti	thus he trains himself. "Liberating the mind, I shall
sikkhati;	breathe out," thus he trains himself.
	In this way, Bhikkhus, at that time the
citte cittānupassī, bhikkhave, tasmim	Bhikkhu dwells observing mind in mind, ardent with
samaye bhikkhu viharati ātāpī sampajāno satimā	awareness and constant thorough understanding of
vineyya loke abhijjhādomanassam.	impermanence, detached, having removed craving
	and aversion towards anything in the world.
	I say, Bhikkhus, one who forgets awareness
Nāham, bhikkhave, muṭṭhassatissa	and does not maintain proper constant thorough
asampajānassa ānāpānassatim vadāmi.	understanding does not practise ānāpānassati.
	In this way, Bhikkhus, at that time the
Tasmātiha, bhikkhave, citte cittānupassī	Bhikkhu dwells observing mind in mind, ardent with
tasmim samaye bhikkhu viharati ātāpī sampajāno	awareness and constant thorough understanding of
satimā vineyya loke abhijjhādomanassam.	impermanence, detached, having removed craving
	and aversion towards anything in the world.
"Yasmim samaye, bhikkhave, bhikkhu	He trains himself: "Witnessing
'aniccānupassī assasissāmī'ti sikkhati,	impermanence, I shall breathe in," and he trains
'aniccānupassī passasissāmī'ti sikkhati;	himself: "Witnessing impermanence, I shall breathe



'virāgānupassī assasissāmī'ti sikkhati,	out." He trains himself: "Witnessing dispassion, I
'virāgānupassī passasissāmī'ti sikkhati;	shall breathe in," and he trains himself: "Witnessing
	dispassion, I shall breathe out."
'nirodhānupassī assasissāmī'ti sikkhati,	He trains himself: "Witnessing cessation, I
'nirodhānupassī passasissāmī'ti sikkhati;	shall breathe in," and he trains himself: "Witnessing
	cessation, I shall breathe out."
'paṭinissaggānupassī assasissāmī'ti	He trains himself: "Witnessing
sikkhati, 'paṭinissaggānupassī passasissāmī'ti	relinquishment, I shall breathe in," and he trains
sikkhati;	himself: "Witnessing relinquishment, I shall breathe
	out."
	In this way, Bhikkhus, at that time the
dhammesu dhammānupassī, bhikkhave,	Bhikkhu dwells observing mental contents in mental
tasmim samaye bhikkhu viharati	contents, ardent with awareness and constant
ātāpī sampajāno satimā vineyya loke	thorough understanding of impermanence, detached,
abhijjhādomanassam.	having removed craving and aversion towards
	anything in the world.
So yam tam abhijjhādomanassānam	Thus having discarded covetousness and
pahānam tam paññāya disvā sādhukam	anguish and having realised such abandonment on
ajjhupekkhitā hoti.	the base of wisdom he continues with attentiveness
	and equanimity.
Tasmātiha, bhikkhave, dhammesu	In this way, Bhikkhus, at that time the
dhammānupassī tasmim samaye bhikkhu viharati	Bhikkhu dwells observing mental contents in mental
ātāpī sampajāno satimā vineyya loke	contents, ardent with awareness and constant
abhijjhādomanassam.	thorough understanding of impermanence, detached,
	having removed craving and aversion towards
	anything in the world.
"Evaṃ bhāvitā kho, bhikkhave,	In this way, Bhikkhus, by such development
ānāpānassati evam bahulīkatā cattāro	and full cultivation of anapanassati the four
satipatthāne paripūreti.	satipatthānas get accomplished.